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Mayflower in mourning

Death of curling club
manager hits members like
a 'bolt out of the blue' **PAGE 3**

Called to the Hall

Gymnastics coach Tak Kikuchi
said he was shocked when he
learned he would be inducted to
the N.S. Sports Hall of Fame **PAGE 37**

HANGING UP HIS SPACE SUIT

CHRIS HADFIELD HAS
ANNOUNCED HE'S RETIRING
FROM THE SPACE PROGRAM
AND MOVING BACK TO
CANADA FROM HOUSTON **PAGE 13**



ZINCK TRIAL UNDERWAY

Dartmouth North MLA Trevor Zinck leaves the courtroom at the Supreme Court during the first day of his trial in Halifax on Monday. Zinck, whose charges include fraud over \$5,000, theft over \$5,000 and breach of trust, is the last of four politicians charged in the Nova Scotia MLA expense scandal. See story, page 7. DEVAAN INGRAHAM/THE CANADIAN PRESS

Search is on for bomb-threat caller

Charity events. Police
release recording of
911 call that forced
cancellation of arthritis,
cancer fundraisers on
Halifax Common



**RUTH
DAVENPORT**
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The chief of Halifax Regional Police says he's "frustrated" that someone made a bomb threat that cancelled two charity events over the week-end — and promised a "vigorous" investigation to find the perpetrator.

"Here we have two charity events ... events that have been organized for more than a year, and they were cancelled," said Chief Jean-Michel Blais on Monday. "That's a very sad thought."

Police released a recording of the profanity-laced 911 call made Friday evening, promising something would happen



The bomb-threat call traces back to this pay phone at the corner of South Park and Spring Garden Road. JEFF HARPER/METRO

in Halifax similar to the Boston Marathon bombings that killed three people.

Though the caller didn't identify any event or location, police alerted the organizers of the Canadian Cancer Society's Relay for Life on the Halifax Common as a precaution, and organizers decided to cancel the annual fundraiser.

"There's a lot of people who have been touched by cancer that really rely on

those funds for ... the support they need," said Marie-France LeBlanc, director of communications with the society's Nova Scotia division. "It's just devastating."

LeBlanc said 10 more relays in Nova Scotia will take place as scheduled this month.

The Arthritis Society of Nova Scotia also cancelled its Walk to Fight Arthritis on Sunday.

Though it's the third bomb threat made in HRM since the Boston bombings, Blais said he's not calling it a "trend."

However, he said police can't afford to dismiss any threats.

"It is very rare ... but there's always the possibility of a copycat."

Blais said it's hoped someone will recognize the voice of the caller and help police find them. He said police are following other leads, including checking surveillance footage from cameras in the area.

"One thing's for certain: we are looking at all the possibilities," he said.



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Crime

HRM residents pretty happy with policing according to survey

The latest survey of citizen satisfaction with police in Halifax suggests most residents are pretty happy with local crime fighters.

The Citizen Satisfaction Survey is conducted every year as part of Corporate Research Associates' second quarter urban report.

The 2013 survey showed well above 80 per cent of respondents were mostly or completely satisfied with policing in six different areas, including overall quality, visibility, emergency response and community where they live.

"There's always ups and downs ... I don't think there's anything unexpected," said Halifax RCMP District Supt. Roland Wells at the Board of Police Commissioners meeting on Monday.

"Most of the results are above 80 per cent, which is very positive."

A five-year comparison released by Halifax Regional Police showed responses to the six questions have mostly not changed significantly, or outside the margin of error.

Satisfaction on police visibility fell slightly from 2012, but Wells said that's to be expected.

"What we're trying to do with crime reduction is have police where they need to be, not just on a street where there's no crime so that people feel a bit better about visibility," he told the commission.

The survey polled 400 adult residents in HRM and are accurate to within plus or minus 4.9 percentage points, 95 out of 100 times.

RUTH DAVENPORT/METRO



Man dies in morning crash in Bayers Lake

Police investigate a fatal crash in Bayers Lake on Monday morning. Just before 7:15 a.m., there was a single-vehicle crash in the 100 block of Horseshoe Lake Drive, in front of the Wonder Auto garage. The car collided with a power pole on the median. The 27-year-old victim has been identified as Jeffrey Donald Hanson of East Uniacke. JEFF HARPER/METRO

Curling community shocked by death

Scuba accident.

Victim David Jones was a fixture on the Halifax curling scene and an accomplished icemaker



RUTH DAVENPORT
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The man who died in a scuba-diving mishap was a well-known member of the local curling community described as being nearly "synonymous" with one of the province's premier rinks.

"For so many of us members, Dave himself is the personification of the May-

flower, so the thought of the club without him is just hard to process," said Mayflower Curling Club president Jason Cooke on Monday.

Dave Jones, 58, passed away after being pulled out of the water by a relative in Blind Bay on Prospect Road around 6:15 p.m. Sunday. Paramedics and firefighters tried unsuccessfully to revive him.

Cooke said Jones had managed the curling club for 20 years, and news of his death hit the 500 members like a "bolt out of the blue."

"He's just a wonderful family man and really beloved by everyone at the club," he said.

"Just as the news is trick-

ling out, the calls and emails coming in, it's just been overwhelming."

Cooke said the former curler took over as manager about 20 years ago and was in charge of virtually every facet of the club's operations.

Cooke said Jones' "indispensable" contributions as manager extended beyond taking care of the club's facilities and programs. "He was very people-oriented," said Cooke.

"He knew every single member's name ... and not only our names, but knew about us as people."

Jones was also an accomplished icemaker, and had supervised ice-making duties for several events around At-



David Jones HANDOUT

lantic Canada.

Police and the medical examiner are still investigating the accident to determine what happened.

Funeral arrangements have yet to be finalized.

1 NEWS

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SUV. Vehicle pic released in child-luring incidents

Police have released an image of the vehicle they believe was driven by a man who attempted to lure three children over the past few weeks.

The black Pontiac Torrent SUV with tinted windows is shown in a surveillance-camera image at one scene near the site of a child-luring incident.

On May 19, a 14-year-old girl was walking on Oceanlea Drive in Eastern Passage around 10 p.m. when a man driving a dark-coloured vehicle pulled up.

He opened the driver's side door but didn't say anything. The girl ran away.

On May 23, around noon, an 11-year-old boy from South Woodside Elementary School was approached by a man driving a black SUV on Everett

Street in Dartmouth and was asked to get in the car. The boy refused, and the man left the area.

On May 31, just after 9 a.m., a 12-year-old girl was walking on Morris Street in Halifax when she was approached by a man in a dark-coloured SUV with tinted windows who asked her to get in the car so he could drive her to school. The girl refused, ran home and told her family.

The suspect is described as a white or Middle Eastern man, about 45 years old and six feet tall, with a medium build, short grey hair and hazel eyes.

People are asked to call 490-5020 or Crime Stoppers if they see any sightings of the man or vehicle.

METRO



An image of the vehicle police believe was driven by a man looking to lure children. CONTRIBUTED/HALIFAX REGIONAL POLICE

Lower Sackville. Teens charged in 'car-hopping'

Two teenagers face theft charges after RCMP allege they robbed several vehicles in a "car-hopping" scheme in Lower Sackville.

Around 10:30 p.m. Saturday, officers found cash, electronics, store point cards and other items in a home on Walker Avenue.

"We often hear youth refer to a series of sequential thefts from vehicles as car-hopping," said Halifax RCMP spokesman Cpl. Scott MacRae.

Third youth

A third youth, 11, was released and can't be charged because of his age.

A 15-year-old boy from Cole Harbour faces charges of possession of stolen property and a trespassing breach.

A 17-year-old boy from Lower Sackville faces three charges of possession of stolen property. METRO

Disappearance

Trio to remain in custody on murder charges

Three men charged in connection with the disappearance of a man in the waters of a Cape Breton harbour will remain in custody.

The men each face a charge of second-degree murder in the disappearance of 43-year-old Phillip Boudreau of Petit-de-Grat.

Craig Landry, 40,

Dwayne Matthew Samson, 43, and James Joseph Landry, 65, appeared in Port Hawkesbury Provincial Court Monday.

All were remanded until their next court appearance June 24.

Boudreau was last seen around 6 a.m. on June 1. His overturned boat was found a short time later at the mouth of the harbour in Petit-de-Grat.

Police believe there was an altercation involving another boat.

THE CANADIAN PRESS



Take some time to smell the rhododendron

A couple strolls past a massive rhododendron in full bloom near the entrance to Public Gardens on Monday. Temperatures in HRM hit 20 C on Monday despite it being partially cloudy for most of the day. JEFF HARPER/METRO

Liberals lengthen lead over NDP: Poll

Politics. McNeil outdistances Dexter, Baillie in popularity, but many remain unsure of whom to support



HALEY RYAN
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A new poll suggests support for the Liberal party has increased in Nova Scotia over the past three months, but over half of those surveyed say they are still undecided or will not vote in the next election.

According to the latest Corporate Research Associates survey released on Monday, the Liberal party now has 45 per cent voter support, up from 39 per cent in February, while the NDP has slipped to 26 per cent from 32 per cent this quarter.

"We're unlikely to have an election any time soon, I think," said Don Mills, CRA chairman.

"They're going to have to rethink their strategy in terms of when is the right time to give them the best opportunity to

Analysis

High volume of undecideds unusual: CRA

The Corporate Research Associates poll shows over half of Nova Scotians surveyed are undecided on party support, do not plan to vote or did not offer a response (55 per cent, up from 48 per cent).

"This is an unusually high number for this close to an election," said CRA chairman Don Mills.

Mills partly attributes the 55 per cent to those who voted NDP for the first time in the last election and aren't

win, and it doesn't appear that moment is now."

Nova Scotia supporters of the PC party have remained stable at 26 per cent, compared to 24 per cent in February.

Liberal Leader Stephen McNeil remains the most popular leader with 31 per cent voter

happy with how the Dexter government has run things, but now they aren't sure who to support.

"They tried the NDP as the third party and that hasn't worked out to their expectations, perhaps, and now they're thinking, 'What do I do now?'" Mills said.

He adds this figure could be a result of many factors, and not necessarily an indication that 55 per cent of voters just don't care about government.

"There are some people who are just waiting to get more information in an election before they decide who's going to make the best choice," Mills said. METRO

support, up from 26 per cent three months ago.

Premier Darrell Dexter's popularity has slid to 18 per cent from 21 per cent, now tied with PC Leader Jamie Baillie.

Four in 10 residents say they are satisfied with the overall performance of the Dexter gov-



Stephen McNeil



Darrell Dexter

ernment (a number that is unchanged since February) and about half of Nova Scotians are dissatisfied with the NDP government (49 per cent compared with 51 earlier).

Mills says he thought NDP support would go up because of its balanced budget this quarter, "but that didn't happen, the opposite happened."

He adds that with low numbers in the polls, "all bets are off" as to when Dexter will call an election, but a vote may land in early 2014 because the NDP needs time to gather support.

These numbers are based on a survey of 800 adult Nova Scotians, conducted from May 8 to 30, with overall results accurate to within plus or minus 3.5 percentage points, 95 out of 100 times.



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Boutilier banks humanitarian award

Mel Boutilier has been named as this year's Canadian Red Cross Humanitarian Award for Nova Scotia, based on his work with the Parker Street Food and Furniture Bank over the past three decades.

Boutilier, who is also a member of the Order of Canada, founded the food and furniture bank in a one-car garage in Halifax in 1983 and has helped thousands of families. He has never drawn a

salary from the organization.

Cassidy McCarthy, 14, will receive the Red Cross Young Humanitarian Award.

McCarthy founded Purple Day in 2008, when she was nine, seeking to raise awareness of the 50 million people with epilepsy around the world.

Boutilier and McCarthy will be honoured in a ceremony on Nov. 13 at the Cunnard Centre. **METRO**

Giving back

"His humanitarian spirit, tireless effort and advocacy on behalf of vulnerable people has left an indelible mark."

Ismael Aquino, provincial director of the Red Cross, on Mel Boutilier's contribution to the community



Mel Boutilier CONTRIBUTED

'Black Widow' pleads guilty to drugging husband

Notorious. Melissa Ann Shepard to be sentenced on Tuesday

Tangled web

- Melissa Ann Shepard, born in Burnt Church, N.B., is known as the "Black Widow" or the "Internet Black Widow" because she has previous convictions stemming from her past relationships.

A 78-year-old woman dubbed the "Black Widow" for her criminal past with other men has admitted to slipping tranquilizers into her newlywed husband's coffee while they were on honeymoon last year.

Melissa Ann Shepard pleaded guilty on Monday to administering a noxious thing and failing to provide the necessities of life after Fred Weeks, 75, became ill during a brief trip to Newfoundland last September.

An agreed statement of facts read by the Crown describes how Shepard mixed the tranquilizers Lorazepam and Temazepam into his drinks while they were aboard a ferry from Cape Breton to Port-aux-Basques.

"Shepard disclosed to investigators that she dissolved both medications in coffee that she then gave to Mr. Weeks over a period of time during the days leading up to Mr. Weeks' hospitalization," Crown attorney Gerald MacDonald told the Nova Scotia Supreme Court in Sydney. "She did this without the knowledge of Mr. Weeks."

Blond and bespectacled, Shepard sat calmly in court

as she entered her pleas. The Crown withdrew an attempted-murder charge, and a charge of administering a noxious thing with intent to endanger life or cause bodily harm was reduced to administering a noxious thing with intent to aggravate or annoy a person.

MacDonald said outside court that there wasn't enough evidence to support the original charges. But he said media coverage of Shepard's past was helpful because Weeks' family told police about her and were able to prevent further harm coming to him.

"It's only because of the public interest that this was nipped in the bud before it became something worse than it was," he said.

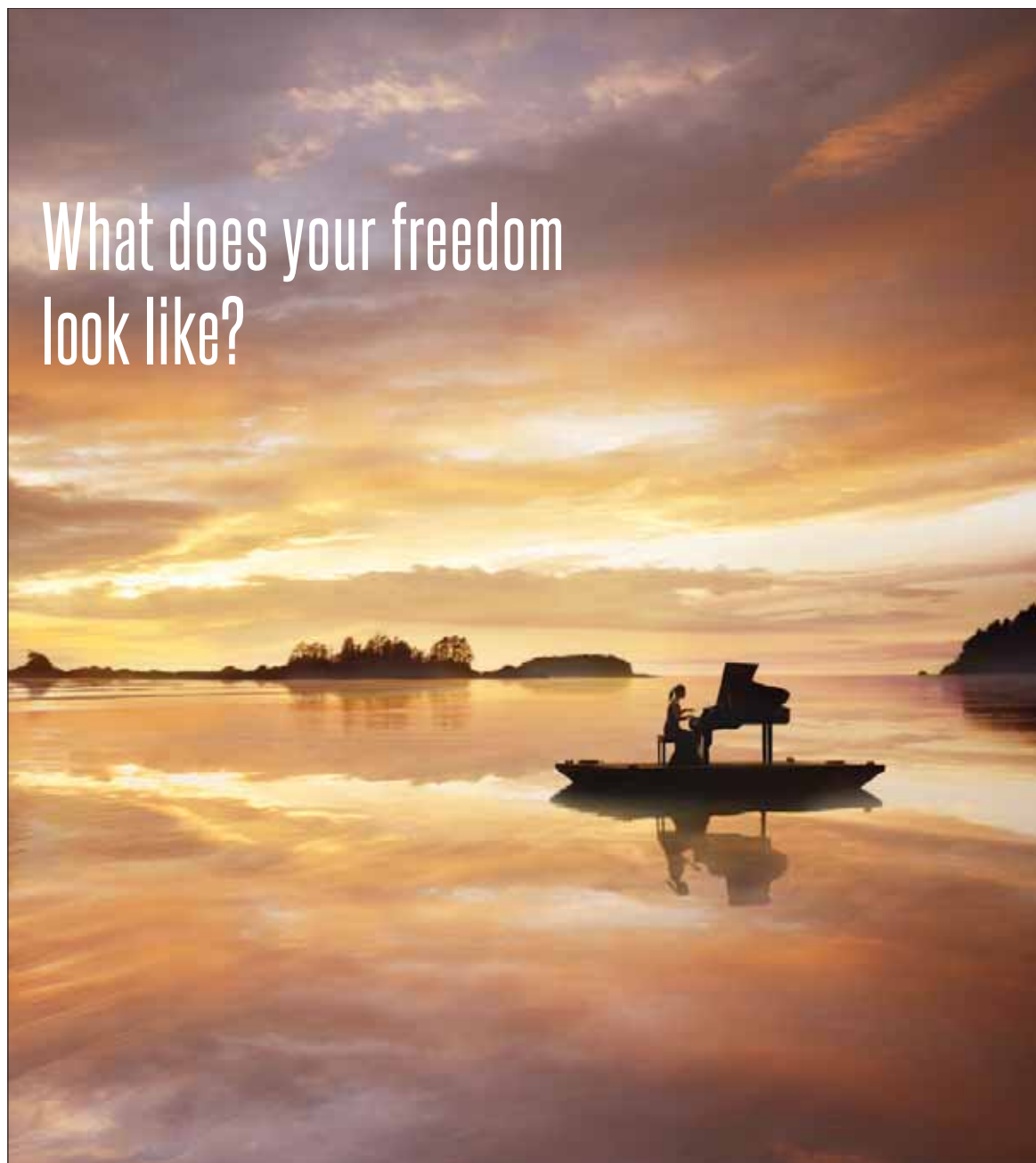
Weeks, who sat in court a few seats behind Shepard, declined comment.

THE CANADIAN PRESS



Melissa Ann Shepard, a.k.a. the "Black Widow," has confessed that she slipped drugs into her husband's coffee last year. VAUGHAN MERCHANT/THE CANADIAN PRESS

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Financial

Zinck 'relieved' as trial begins

Constituency expenses. Dartmouth North MLA charged with theft over \$5,000, fraud over \$5,000 and breach of trust

A member of the Nova Scotia legislature confirmed in court Monday that he was given more than \$10,000 from the Speaker's Office to cover constituency expenses in 2008 and 2009, even though he didn't pay those whom he claimed were owed money.

Trevor Zinck's lawyer, Lyle Howe, told the court the internal rules governing expense claims were confusing and open to wide interpretation, particularly when it came to paying bills. But Howe has yet to spell out why his client should be cleared of the charges.

Zinck was one of four politicians charged in February 2011 after an investigation by the province's auditor general led

to an RCMP investigation.

On Monday, the first day of Zinck's trial in Nova Scotia Supreme Court in Halifax, Crown lawyer Mark Heerema read an agreed statement of facts that cited 10 duplicate cheques worth just over \$10,000 that Zinck had submitted to the Speaker's Office for reimbursement.

Heerema said Zinck is not contesting the assertion that he was reimbursed by the Speaker's Office, even though he did not pay all of the recipients listed on the duplicate cheques either before or after he was reimbursed. More than half of the money was supposed to go to the Boys and Girls Club of Dartmouth, Heerema said. Other cheques were made out to Lake City Woodworkers of Dartmouth, the Dartmouth District 9 Citizens Association and a person who represented something called the Atlantic Spring League Hockey.

Before the trial began, the member for Dartmouth North said he was looking forward to having his say in court.

"I'm relieved, to be honest with you," he said outside court. "I know a lot of my constituents as well have wanted to see me get past this ... after two and a half years, I'll have my time, I'll have my say and then it will be up to the judge to decide."

THE CANADIAN PRESS



Defence lawyer Lyle Howe, left, speaks with client and Dartmouth North MLA Trevor Zinck at the Supreme Court in Halifax on Monday.

DEVAAN INGRAHAM/THE CANADIAN PRESS

Days

10

The number of days scheduled for the judge-only trial.

Affidavits for orphanage lawsuit should be tossed: Province

The Nova Scotia government attempted to weaken a proposed class-action lawsuit by former residents of a Dartmouth orphanage who allege they were abused at the home, asking a judge Monday to dismiss some of the evidence contained in their affidavits.

The documents are part of a proposed lawsuit launched against the government by about 155 former residents of the Nova Scotia Home for

Colored Children, who allege they suffered years of sexual, physical and psychological abuse by staff over a 50-year period until the 1980s.

Peter McVey, the lawyer representing the province, asked the Nova Scotia Supreme Court to toss out portions of selected affidavits, including ones that he said include hearsay that can't be verified or speculation of what other people knew about the

alleged abuse at the time.

McVey challenged the admissibility of an affidavit by Jane Earle, a former executive director of the home.

McVey said Earle stated information as fact without backing it up, including that the orphanage's low wages failed to attract qualified staff.

McVey said Earle did not meet the criteria for an expert witness, but nevertheless gave an "expert-style opinion" in

her affidavit.

"These are opinions being put forward under the guise of a fact witness," he told the court.

He also took issue with some of the language used in the affidavits, including an allegation that one victim suffered from malnutrition.

McVey said the term "malnutrition" was an expert diagnosis, and that the plaintiff should have instead stated she

\$5M settlement

A separate lawsuit launched two years ago against the home was resolved in April after a \$5-million settlement was reached with the residents.

The settlement was tentatively sanctioned in court Monday, pending approval from the Children's Aid Society in the Annapolis Valley.

was hungry.

Ray Wagner, a lawyer representing the former residents, said outside court that

there was nothing in the government's arguments that surprised him.

THE CANADIAN PRESS

Const. Kathryn Willett

Halifax cop wins prestigious John Dunlop Memorial Award

A Halifax Regional Police officer has been named the recipient of the 2012 John Dunlop Memorial Award.

Dunlop, who died in 1977 at the age of 42, is a former correctional services worker from Nova

Scotia who dedicated his time to young people and community programs in Truro and Halifax.

An award in his honour has been given since his death, and Const. Kathryn Willett from HRP is the 2012 recipient.

Willett is a community response officer in the area of Demetrious Lane and has helped in several initiatives, including a new community garden and a learn-to-swim program. **METRO**



Const. Kathryn Willett CONTRIBUTED

Robert Fowler

Former deputy minister to head review of school closures

A former deputy minister in Nova Scotia has been appointed head of a committee to develop a new review process for school closures in the province.

Robert Fowler was most recently the mayor of Bridgetown and has 34 years of

experience in the civil service. In April, Education Minister Ramona Jennex asked the province's school boards to suspend all school closures until next year, saying the review process has become adversarial and upsetting for parents and school boards.

The Education Department says the composition of the committee is being finalized and will include representatives from government departments, school boards and municipalities.

THE CANADIAN PRESS

Scotian Shelf

Protection measures set for rare sponge

Ottawa says it has taken action to protect a rare sponge that lives in the depths of the Scotian Shelf off Nova Scotia.

Two eastern sections of the shelf, about 260 kilometres in total, will be closed to bottom-contact fishing. **THE CANADIAN PRESS**

Senate. Auditor general Michael Ferguson returns amid scandal

One year and several scandals later, auditor general Michael Ferguson is returning to the Senate.

Ferguson will meet on Tuesday with the internal economy committee. The meeting comes a week after the upper house voted to call in the auditor to conduct a comprehensive review of Senate expenses. The chamber has been awash in scandal for months over improperly claimed expenses.

THE CANADIAN PRESS



Michael Ferguson THE CANADIAN PRESS

Takeover cancelled

Telus calls off its plan to buy Mobilicity

Telus Corp. called off its plan to buy small wireless provider Mobilicity on Monday after Ottawa signalled last week that it would not allow the deal.

Mobilicity, which has about 250,000 customers, said it will instead go ahead with a recapitalization plan, which will be voted on by debt holders on June 25.

"The company will continue to provide updates as warranted," Mobilicity said in a brief statement.

Telus had offered to pay \$380 million for Mobilicity, but its deal required the federal government to make an exception to certain rules.

However, Industry Minister Christian Paradis quashed that idea last week when he said the current rules would stand.

THE CANADIAN PRESS

U.K.

Six men sentenced to almost 20 years in failed terror plot

Six British men inspired by Islamic extremist material were sentenced Monday to almost 20 years in prison each for plotting a bomb and gun attack on a far-right rally a year ago.

The men, from the Birmingham area of England, had earlier pleaded guilty to planning an attack on the anti-immigrant English Defence League.

The plot failed when they arrived after the rally ended. They were caught by chance after a car was impounded for insurance violation. The vehicle contained guns, a homemade bomb and other weapons.

Judge Nicholas Hilliard said the suspects had intended to cause serious injuries and possibly deaths. He said the men had immersed themselves in a "tide of apparently freely available extremist material."

THE ASSOCIATED PRESS

Ailing Mandela called an 'extraordinary gift'

Serious but stable.

Desmond Tutu's foundation calls South Africa's former president the 'beloved father of our nation'

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as an "extraordinary gift" to South Africa.

As family members visited South Africa's first black president in the hospital, the government announced — in only the second communication on Mandela since he was hospitalized Saturday — that his condition was "unchanged."

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as "the beloved father of our nation" and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peace-making role when white racist rule ended in South Africa.

Mandela "once again endures the ravages of time in hospital," said the Cape Town-based foundation, which was founded by Tutu and his wife, Leah, to promote peace. "We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength."

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and

'Ravages of time'

Mandela has been hospitalized several times in recent months.

- He has been particularly vulnerable to respiratory problems since contracting tuberculosis during 27 years as a prisoner of the government, the bulk of which was spent on Robben Island, off the coast of Cape Town, where Mandela spent part of the time toiling in a stone quarry.

Mandela was elected president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era.

"We send our blessings to the doctors and nurses responsible for his care," Tutu's foundation said.

On April 29, state television broadcast footage of a visit to Mandela's home by President Jacob Zuma and other ANC leaders. Zuma said then that Mandela was in good shape, but the footage — the first public images of Mandela in nearly a year — showed him silent and unresponsive, even when Zuma tried to hold his hand.

Some South Africans said that showing images of a clearly ill Mandela was inappropriate and appeared to reflect an attempt by the ruling party to benefit politically from its association with Mandela in the run-up to national elections next year.

THE ASSOCIATED PRESS



A boy stands in front of a mural of former South African president Nelson Mandela in Johannesburg on Monday. Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS

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The Obama administration faced fresh anger Monday at home and abroad over U.S. spy programs that track phone and Internet messages around the world in the hope of thwarting terrorist threats. But a senior intelligence official said there are no plans to end the secretive surveillance systems.

Snowden holds on in Hong Kong

An apparent international cat-and-mouse game was also in play, Monday. Edward Snowden, 29, stepped forward over the weekend as the source of leaks to Britain's The Guardian and the Washington Post about the U.S. government's monitoring of cellphone logs and Web servers.

Hong Kong, a former British colony returned to China in 1997, has an extradition treaty with the United States.

But China has the ultimate say over extradition requests in cases where the country's foreign interests could be at stake.

Snowden said he chose Hong Kong because of its "strong tradition of free speech."

"The only thing I can do is sit here and hope the Hong Kong government does not deport me," Snowden told The Guardian.

THE ASSOCIATED PRESS



Edward Snowden THE GUARDIAN

5 Latest developments in the U.S. snooping story



Iceland — asylum paradise?

From seafaring Vikings to digital dissenters, Iceland has always attracted outsiders.

This North Atlantic island nation has welcomed eccentric chess master Bobby Fischer, WikiLeaks secret-spiller Julian Assange and the online freedom advocates of the Pirate Party. Could its next guest be Snowden?

In an interview published Sunday outing himself as the source behind stories about the U.S. spy agency's online surveillance programs, Snowden floated the idea of heading to Reykjavik. He told The Guardian newspaper that he was inclined to seek asylum in a country that shared his values — and "the nation that most encompasses this is Iceland." THE ASSOCIATED PRESS



Chinese cyber-security

Cyber-security was one of the main topics during the informal summit this weekend between Chinese leader Xi Jinping and U.S. President Barack Obama at an estate in the California desert where they also sought to build a personal relationship. But Snowden's presence in Hong Kong has already dragged China into what would have been a domestic issue for the United States. "It's going to be seen by both sides as an unwelcome distraction," said Jean-Pierre Cabestan, a China politics expert at the Hong Kong Baptist University. "This comes at a delicate time because of the Xi-Obama summit and the much bigger issues that both countries have to tackle and both governments and presidents have to discuss." THE ASSOCIATED PRESS

International backlash

Germany's chancellor will raise the issue of the U.S. National Security Agency's (NSA) eavesdropping on European communications when she meets Obama in Berlin next week — the latest sign of the international backlash over America's sweeping electronic surveillance programs.

Obama has defended the once-secret programs that sweep up to an estimated three billion phone calls a day and amass Internet data from U.S. providers, saying they are a necessary defence against terrorism. He assured Americans on Friday that "nobody is listening to your telephone calls." That has given little assurance to Germans and other foreigners, who routinely use U.S.-based Internet sites for voice and data communications. European nations often have much stricter

privacy laws than those in the U.S., and their citizens defend those privacy rights with more vigour.

THE ASSOCIATED PRESS



Canada's privacy watchdog weighs in

The federal privacy watchdog says she will look into any implications for Canada posed by possible U.S. government snooping on a wide scale.

The issue of data privacy is generating debate in federal circles following revelations NSA has been tapping into the information banks of American Internet giants.

The office of privacy commissioner Jennifer Stoddart says the scope of information reportedly being collected raises significant concerns.

Stoddart says while it is difficult to assess the merit of the allegations, she will confer with the watchdog that oversees the Communications Security Establishment — the Canadian counterpart to the NSA — to determine how the personal information of Canadians may be affected.

THE CANADIAN PRESS



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Ottawa lines up new rules for pot

Medical marijuana.

Patients allowed to buy prescribed amounts only from licensed growers who will be required to meet strict conditions

After two years of study and discussion, the federal government has finalized new rules for medical marijuana and granted a reprieve to pharmacists who opposed the rules in their draft form.

Health Minister Leona Aglukkaq rolled out the regulations Monday for formal publication in the Canada Gazette on Wednesday.

Under the new regime, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home.

Health Canada said since the medical marijuana program was introduced in 2001, it has expanded to



A budtender rolls a marijuana cigarette for a patient at a medical marijuana dispensary in Los Angeles. Under new rules in Canada, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home. DAVID MCNEW/GETTY IMAGES FILE

30,000 people from the original 500 authorized to use the product.

"This rapid increase has had unintended consequences for public health, safety and security as a result

of allowing individuals to produce marijuana in their homes," the department said in a news release.

"Under the new regulations, production will no longer take place in homes

and municipal zoning laws will need to be respected, which will further enhance public safety."

In previous versions of the regulations, pharmacies were to distribute the prod-

uct just like other medications, provoking concern from pharmacists, who expressed concerns about dispensing a product without sufficient research. They also cited security concerns.

The final version removes the pharmacists from the loop, leaving patients to rely on mail order for their medical marijuana.

"While the courts have said that there must be reasonable access to a legal source of marijuana for medical purposes, we believe that this must be done in a controlled fashion in order to protect public safety," Aglukkaq said in a statement.

"These changes will strengthen the safety of Canadian communities while making sure patients can access what they need to treat serious illnesses."

She used similar reasoning last week when she introduced new hurdles for the creation of supervised drug-injection sites in response to a court ruling.

THE CANADIAN PRESS

Reaction

Changes won't protect people, critics say

Physicians and pharmacists questioned the regulatory changes, saying there is little evidence that medical marijuana is either effective or safe.

The umbrella group representing the country's colleges of physicians and surgeons said the changes won't protect people.

"We believe that the new federal medical marijuana regulations put patients and the general public at risk," Dr. Rocco Gerace, president of the Federation of Medical Regulatory Authorities of Canada, said. "Physicians should not be asked to prescribe or dispense substances or treatments for which there is little or no evidence of clinical efficacy or safety."

Canadians don't understand realities of strokes, poll finds

A new poll suggest Canadians don't have a great understanding of the realities of strokes, with nearly one in five thinking most strokes are fatal.

One in six Canadians seem to believe there is nothing a stroke survivor can do to prevent future strokes and more than one-third think the recovery period is limited to a few months. These statistics are included in the Heart and Stroke Foundation's annual report on stroke.

The report says 50,000 strokes occur in Canada each year and 315,000 Canadians are living with the effects of stroke. The foundation says



Liz Inness of the Balance and Mobility Clinic helps stroke survivor Janet Raymond exercise in a lean and release balance assessment tool at Toronto Rehab recently. JESSE JOHNSTON/THE CANADIAN PRESS FILE

those numbers will rise as the population continues to age.

Dr. Sean Dukelow is a physiatrist (a specialist in rehabilitation medicine) at the Hotchkiss Brain Institute Faculty of Medicine and the University of Calgary. He says more rehabilitation research is needed to figure out what help stroke survivors need and to develop ways to assist them.

The report says stroke costs the Canadian economy \$3.6 billion a year in physician services, hospital costs, lost wages and decreased productivity. It is the third leading cause of death in Canada.

THE CANADIAN PRESS

Search and rescue

Air force told year ago to vary hours, report reveals

The Canadian air force was told well over a year before being rapped on the knuckles by the auditor general that varying its hours of search-and-rescue operations would mean significantly improved response times for people in

distress.

The Defence Research and Development Canada analysis says tinkering with the schedule would give joint rescue centres more leverage "to save lives without increasing" the staffing levels of air force units.

Despite the conclusion of the March 2012 report, the recommendation gathered dust until the military was taken to task in April by the auditor general, who found

the rescue system is close to the "breaking point." In response, Defence Minister Peter MacKay "encouraged" local commanders to adjust their hours of operation.

The military is currently required to get a rescue aircraft off the runway within 30 minutes of an emergency call between 8 a.m. and 4 p.m., Monday to Friday, and within two hours outside that window.

THE CANADIAN PRESS

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Ghost plane raised from English Channel

Second World War bomber. German aircraft shot down during Battle of Britain

A German Second World War bomber was raised from the bottom of the English Channel on Monday, after previous attempts were thwarted by poor conditions.

The Dornier Do-17 aircraft was shot down off the coast of Kent county in southeastern England more than 70 years ago during the Battle of Britain.

Nicknamed the Luftwaffe's "flying pencil" because of its narrow fuselage, it is believed to be the only intact example of the Dornier.

"It has been lifted and is now safely on the barge and in one piece," said Ajay Srivastava, a spokesman for the RAF Museum, which led the salvage operation.

The museum had been



Lifting equipment raises a German Dornier bomber from the English Channel off Deal, southern England, on Monday. Divers discovered the aircraft, remarkably intact, in 2008. GARETH FULLER/THE ASSOCIATED PRESS

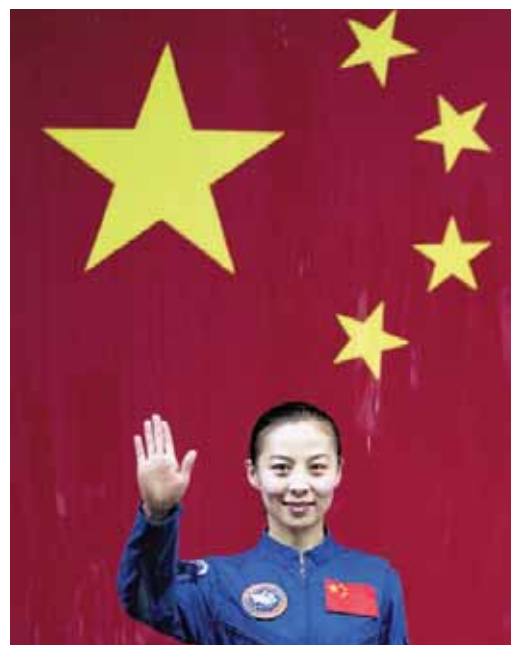
trying to raise the relic for a few weeks, but the operation was delayed by strong winds. In 2008, divers discovered the aircraft submerged in 15 metres of water. Experts say the bomber is remarkably undamaged despite the passage of time.

The Dornier was a mainstay of German bomber fleets during the Battle of Britain in

1940. The wreck is believed to have been shot down on Aug. 26 of that year at the height of the battle.

Museum officials plan to conserve the plane and put it on exhibition next to the wreck of a British Hawker Hurricane fighter aircraft that also was shot down during the battle.

THE ASSOCIATED PRESS



China shoots for the stars

Astronaut Wang Yaping greets the press on Monday at the Jiuquan satellite launch centre near Jiuquan, Gansu province, in western China. Three Chinese astronauts will take flight this week — on Tuesday if weather permits — aboard a Shenzhou spacecraft to dock with China's Tiangong 1 space lab. The crew will deliver a series of talks to students from aboard the Tiangong. China is marking a decade of human space flight. ANDY WONG/THE ASSOCIATED PRESS

Social-media crackdown

Kuwaiti woman jailed for 'insulting' emir tweets

A woman in Kuwait has been sentenced to 11 years in prison after convictions that include insulting the Gulf nation's ruler, opposition groups say.

Monday's court decision is among the harshest punishments given in the Gulf region as authorities increasingly crack down on perceived dissent on social media. Dozens of people across the Western-backed Gulf states have been sent to jail for Twitter and blog posts in the past year.

Opposition groups in Kuwait say Huda al-Ajmi faced three charges that included insulting the emir, which brought a one-year sentence. Five-year prison terms were given for allegedly calling for coup-style rebellion and violating laws on public discussions.

Kuwaiti media, including the pro-government Al Watan newspaper, also reported the sentencing.

THE ASSOCIATED PRESS



Hair icon, pantsuit aficionado and former U.S. Secretary of State Hillary Clinton has finally joined Twitter, with this famed photograph on her profile page, @HillaryClinton. KEVIN LAMARQUE/THE ASSOCIATED PRESS FILE

Clinton makes Twitter debut with pantsuit joke

Former U.S. Secretary of State Hillary Rodham Clinton joined Twitter on Monday, describing herself with a dash of humour as a "pantsuit aficionado" and "hair icon."

Clinton sent out her first tweet under the handle @HillaryClinton, thanking the creators of the popular online

parodies called Texts from Hillary. "I'll take it from here," she said, concluding with a hashtag #tweetsfromhillary.

Her profile page shows the memorable photo of a stern-looking Clinton wearing dark sunglasses and reading her BlackBerry aboard a military plane while leading the State

Department during President Barack Obama's first term. Clinton's biography section includes light-hearted descriptions such as "glass ceiling cracker." The bio ends with the letters "TBD," or "to be determined" — which could be a reference to her possible White House bid. THE ASSOCIATED PRESS

@HillaryClinton

- After only a few hours on Twitter, Clinton had more than 100,000 followers. Some suggest she is trying to raise her profile before a 2016 presidential bid



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Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., on Monday, where he announced his plans to retire from the Canadian Space Agency. PAUL CHIASSON/THE CANADIAN PRESS

Astronaut to keep his feet firmly on Earth

Canadian Space Agency. Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly

30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters, near Montreal.

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't decided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his recent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video.

THE CANADIAN PRESS

Nuclear liability. Feds propose raising cap to \$1B from \$75M

Nuclear operators will face a liability ceiling of \$1 billion, up from the current \$75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join

the International Atomic Energy Agency's convention on supplementary compensation for nuclear damage, which would add another \$450 million to the compensation pool by drawing on additional funds from member countries, said Oliver.

Environmentalists want unlimited liability, but nuclear proponents say that would encourage a company involved in an accident to declare bankruptcy and walk away, leaving governments on the hook. THE CANADIAN PRESS

Feds to revamp disability policy

Absenteeism

"The public service suffers from exceedingly high levels of absenteeism, which is unsustainable for any employer looking to run a ... productive workforce."

Treasury Board President Tony Clement

in after 13 weeks of illness, would also be changed to address the problems of the modern workplace, he added.

Clement said the existing system dates back to the 1970s, when some workplace problems, such as mental ill-

ness and depression, were largely ignored.

"A more robust disability management system will emphasize prevention and rehabilitation," he said.

The minister said public servants average 18.2 days of paid and unpaid sick leave every year, compared with an average of 6.7 days in the private sector.

THE CANADIAN PRESS

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Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE

Alcohol ads influencing teen girls, medical journal says

Risks of drinking. Health warnings should be put in ads, editorial argues

A medical journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads.

The editorial in this week's issue of the Canadian Medical Association Journal says health warnings should be embedded in alcohol ads, so that young girls understand the risks of drinking.

The author, Dr. Ken Flegel, says parents should also model responsible alcohol consumption for their children.

The editorial says studies from the U.S. show that alcohol advertising aimed at young women is being viewed more commonly by young girls. The studies also show that increased exposure to alcohol advertising is linked to an increase in drinking in adolescents.

THE CANADIAN PRESS

Unhappy shareholders. Walmart vote tally shows dissent against executives

Walmart's final shareholder vote for its board of directors showed another year of dissent against key executives and directors, including its CEO Mike Duke, as the company deals with the fallout from overseas bribery allegations.

All of the 14 firm's nominees were re-elected at the annual shareholders' meeting Friday. But the dissent against leaders shows how the company continues to be distracted by concerns about its handling of bribery allegations that surfaced last year at its Mexican unit.

The company also is being pressured to increase its oversight of factories abroad following a building collapse in April in Bangladesh that killed more than 1,100 garment workers. Walmart wasn't using any of the factories in the building at the time of the collapse, but it is the second-largest retail buyer of clothing in Bangladesh.

According to results released Monday, 12.1 per cent of the 3.29 billion shares were voted against re-election of Duke to the company's board.

THE ASSOCIATED PRESS



Walmart CEO Mike Duke speaks at a company shareholders' meeting in Fayetteville, Ark., on June 7. GARETH PATTERSON/THE ASSOCIATED PRESS

Transition

Lululemon starts search for new CEO

Lululemon Athletica Inc. says it will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain with the retailer while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

Market Minute

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OIL
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WHY THE #@\$% CAN'T I SWEAR?

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the over-reacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown con-



SHE SAYS
Jessica Napier
metronews.ca

frontation over our \$18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type

to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Duck's swan song in Hong Kong



IMAGINECHINA/REX FEATURES

Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. **METRO**

Quoted

"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"

Florentijn Hofman
Dutch conceptual artist



Florentijn Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. **GETTY IMAGES**

Clickbait



ANDREW FIFE
andrew.fife@metronews.ca



GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

Polygon:

One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

The Escapist:

An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended

on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

Joystiq:

AOL's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

Twitter

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does.

Hopefully they retweet!

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca



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Joan and Melissa Rivers continue to sound off on fashion faux pas on their show *Fashion Police*. THE ASSOCIATED PRESS

Joan Rivers turns 80, plans to work 'forever'

No fashion fogey. Show biz veteran talks about her decision to do *Fashion Police* and the snark that keeps her young

"I'm having a great time," Joan Rivers crows before offering a brisk self-appraisal: "Everything is working; my mind is fine."

"The only time I play the age card is on planes when I'm trying to put a bag above the seat: 'I am 80 years old! Would someone PLEASE help me?!'"

Actually, she only turned 80 on Saturday, a milestone that has prompted the E! network to

stage a Joan Rivers "takeover." Its regular one-hour edition of *Fashion Police* (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of *Fashion Police*, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsiopoulos, all of whom can deliver

shrewd analysis as well as piercing gibes at red-carpet infractions.

But *Fashion Police* is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzyingly hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a *Crash Magazine* party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's *Police* brutality, but Rivers and her "Joan Rangers"

are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!'"

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS

Comedy



This is the End

Directors. Seth Rogen and Evan Goldberg

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindles and the friends begin to turn on each other. Beased on a short from 2007 called *Jay and Seth vs. The Apocalypse*, Rogen and Goldberg have cobbled together a comic gem in *This is the End*. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecation department. And while the last few Rogen-backed comedies have felt a bit stale, this one is as fresh and fun as *Pineapple Express* — complete with a camcorder-filmed *Pineapple Express* sequel.

LIZ BROWN

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Will Smith. ALL PHOTOS GETTY IMAGES

Will there be life after Earth?

Will Smith is doing his best to laugh off the disappointing box office performance of his latest film, *After Earth*, which opened in third place its first weekend before dropping to No. 7 its second. "Now let's be honest. Three is the new one," he jokes during an interview

with Jimmy Kimmel. "Do you know how many ones it takes to make a three?" On a more serious note, Smith admits the news was hard to take that opening weekend. "Oh man, that was tragic," he says. "It's been almost two decades since I had a movie that wasn't No. 1."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Go to heel: Sarah gets her foot in the shoe biz door



THE WORD
Dorothy Robinson
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in *Sex and the City*, is launching



her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to *Vogue*, she is teaming up with George Malkemus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left.



Amanda Bynes

Is an Amanda Bynes rap album in our future?

At least someone is taking Amanda Bynes' claims that she should make a rap album seriously, as Daniel Herman of Chinga Chang Records says he has offered the troubled starlet a deal. "I cleared the project with the Orchard and Sony Entertainment, and they gave me the green light to go ahead," Herman tells Radar Online.

"The fact that Amanda wants to do hip hop music means that Chinga Chang is the best place for her to do this." Herman, who has "reached out to Amanda's attorneys to negotiate the deal," is already looking to get her first hip hop feud up and running: "I think she's more gangster than Drake," he says.



Justin Bieber

You won't find him in da club

Sometimes it's not so easy for Justin Bieber to have a good time. The Canadian pop star was refused entry at Lure nightclub in Hollywood this weekend, according to E! News. "Someone from Justin's team had come earlier in the day and told the club that he would be showing up. The club told him they wouldn't let him in because he's not 21," a source says. "Bieber came anyway and tried to sneak in through a back door." But his plan was no match for a well-intentioned shout-out from rapper The Game: "The Game was on the mic at this point and saw Bieber trying to get in and shouted that Bieber was on his way inside," the source explains. "That's when security saw him and escorted him out immediately. He left right away. He seemed really embarrassed."

Prince Harry moonlights as Prince Charming

Prince Harry is living up to his title, at least according to one fellow soldier who claims the young Royal came to his defence after receiving threats from other soldiers over his sexuality. Lance Corporal James Wharton writes in his new memoir, *Out in the Army*, about an incident during training in Canada in 2008 when six other men threatened to attack him. "I told him: 'I think I'm about to be murdered by the infantry,'" Wharton recalls. "He had a complete look of

bewilderment on his face. I didn't hold back: I told him everything that had gone on. I couldn't stop the tears from welling up in my eyes. He said, 'Right. I'm going to sort this s— out once and for all.' Harry climbed out of the tank and started having a go. I worried he was about to make the whole thing worse, but he wasn't holding back. Prince Harry was sticking up for me and putting a stop to the trouble. I had been on track for a battering and had been rescued."

Twitter



@JuddApatow

I can ruin a full day of healthy eating and exercise in the thirty seconds right before my face hits the pillow.



@ElizabethHurley

On way to Moscow. Two hours sleep. zzzzzz on flight.



@pattonoswalt

The way I feel about TV on Sunday is the way I used to feel about movies on Friday. TV is better than movies now. Accept it and drive on.

Casey Domestic Medium Hair

This handsome, 8-year old fellow came to the shelter after being left at a veterinarian's office. Casey is friendly with an endearing, sweet personality. He responds well to people's voices and pays close attention when spoken to. He is curious about people and occupies himself by checking out all the comings and goings on the adoption floor. Casey would prefer to be in a one-animal home - preferably with adults or older children. Like all companion animals, Casey wants nothing more than a loving forever home where he can be treasured as a much-loved family member and would welcome your visit today...



For more information on Casey and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Hold your breath and dive in, it's yoga for you swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA
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Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your



She gets a 10 out of 10 for effort. WSPORTS CONCEPTS

shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis.

"But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for

long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shal-

low and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally.

"This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breathe) and a vital warm up for the lungs."

Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

Cow face arms with strap

Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put

your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

Half moon with a block

Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your fingertips to rest on the front of your toes. Lift your rear

leg up until it is parallel with the floor.

Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders.

Move your gaze upward to further challenge your balance. Repeat on the opposite side.

3 TIPS

Get started

Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

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Best Health

Sunshine, lollipops and ... allergies?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Can you be allergic to sunshine?

Yes, but a true sun allergy—called solar urticaria—is very rare, affecting an estimated 0.5 per cent of people.

“Some 10 per cent of the world’s population might have a skin reaction when exposed to the sun,” says Dr. Gordon Searles, a dermatologist and president of the Canadian Dermatology Association in the latest issue of Best Health magazine, on newsstands now. And we’re not talking about sunburn here. The reactions can be broken down into two types: sun allergy and sun sensitivity.

“People with an allergy will break out in hives when exposed to the sun, in the same way that someone who is allergic to shellfish would break out in hives,” Searles says.

The reaction is very quick, and the way to treat it is to avoid the sun.

But unlike other allergies, it’s not life-threatening—just uncomfortable.

Sun sensitivity, on the other hand, is far more common.

It’s characterized by little



The reaction to sun allergy is almost immediate. ISTOCK PHOTOS

red itchy bumps or patches of redness like a rash, and the reaction is delayed.

It doesn’t happen until

later in the day or even the day after sun exposure and it can look like an exaggerated sunburn, says Searles.

While some sun sensitivities can be a side effect of certain medications, the most common cause is called

polymorphous light eruption, which is an internal immune system reaction to sun exposure.

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SLEEP TIGHT



LANALANGLOIS/VEER

STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has

taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers

that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs

memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. — *Peter Boyle*

YOU'LL BE DREAMING IN NO TIME

Follow these tips to fall into dream land..

- 1** A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.
- 2** A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.
- 3** Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while



AREKMALANG/VEER

alcohol can make you drowsy, drinking too much interferes with sleep.

- 4** Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.
- 5** Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.
- 6** Massage. I'll rub your back if you rub mine. A few minutes of massage



DGMATA/VEER

will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

- 7** Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.
- 8** Create an ideal sleep environment. Do whatever you need to promote



MOCKER/VEER

sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

- 9** Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend \$1,000 on one that you find comfortable.
- 10** Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

— *Peter Boyle*



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Just a teaspoon full of orange rind helps the stir-fry to wow



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her on twitter @rosereisman

This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bowl.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approxi-



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

mately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer

pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over

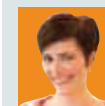
Ingredients

- 10 oz whole wheat Isoba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced
- Sauce**
- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root
- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chestnuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

pasta and toss. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Health Solutions

Marinade for protection



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

A marinade does more for your meat than just add flavour. It is also protecting you from carcinogens created when you grill meat. Those blackened marks contain taste but there are also cancer causing agents at play, namely heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). With barbecue season fully upon us, you'll want to know how to protect yourself.

- Marinating meat for merely a minute helps create a protective layer that reduces the protein damage
- Your marinade must contain an acid, like vinegar, and some spices
- Reducing the temperature and pre-

venting charring helps

- Choosing chicken and fish over red meat reduces risk
- Trim as much fat as possible from all meats. The drips and flares make matters worse
- Dry rubs can be mixed with a little bit of vinegar to create the same effect

Classic Marinade Formula

- 1/2 cup oil (grapeseed or canola)
- 1/3 cup fresh citrus juice (lime, lemon, orange)
- 1/8 cup vinegar (various flavours)
- 1-3 tsp dried herbs or spices
- 1-2 tbsp minced shallot, onion, garlic, ginger or any combination of all
- 1 tsp sea salt
- Fresh ground pepper, to taste



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/4 cup mayonnaise
- 2 tbsp sour cream
- 2 oz crumbled blue cheese
- 1 tsp lemon juice
- 1/2 tbsp grated shallot
- 1 clove garlic, grated
- Kosher salt and ground black pepper
- 2 hearts of romaine lettuce, halved lengthwise
- Olive oil
- 4 slices apple wood smoked bacon, diced and cooked

Lunch. Grilled Romaine with Blue Cheese Dressing

1. To make the dressing, in a medium bowl combine the mayonnaise, sour cream, blue cheese, lemon juice, shallot and garlic. Mix well, then season lightly with salt and pepper. Cover and refrigerate for at least 3 hours to allow the flavours to develop. The dressing keeps for up to 2 weeks in the refrigerator.

2. When ready to prepare the salads, heat the grill to medium-low.

3. Lightly brush all 4 romaine halves on all sides with olive oil. Season with a bit of salt and pepper. Using a pair of tongs, place the lettuce directly on the cooking grates, cut side down. Cook for 2 to 3 minutes. Do not grill longer; the lettuce should be slightly raw and crunchy at the centre. Remove to clean platter and let rest 5 minutes.

4. Place each half on a serving plate, then drizzle with blue cheese dressing and top with the diced bacon. Serve immediately.

ately. **THE ASSOCIATED PRESS/ ELIZABETH KARMEI, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**



CUPE to meet with Magnolia, Sagewood nursing home workers

Workers at two Halifax-area nursing homes are invited to an information meeting to find out how joining CUPE can help them improve their wages and working conditions.

The Canadian Union of Public Employees – the province's largest nursing home union by far – has set up meetings for the staff at Magnolia Continuing Care and Sagewood Continuing Care as follows:

Sagewood employees

Tuesday June 11, 6:00-9:00 pm at the Sackville Atlantic Superstore Community Room, 745 Sackville Drive, Lower Sackville.

Magnolia employees

Thursday June 13, 6:00 pm at the Royal Canadian Legion, Enfield (50 Old Enfield Road, Enfield).

Refreshments (tea and coffee) will be available for each of these meetings.

It was a pleasure meeting many of you, and we invite you to another meeting. These meetings will answer the many questions you posed. CUPE has a proven track record and can work with your employer to make sure we achieve equity and fairness for you in the long-term care sector.

With members in almost 50 nursing homes, CUPE wants to work with CUPE wants to work with Rosecrest Communities (a division of the Stevens Group of Companies) to ensure its employees enjoy the many benefits that come from being in a unionized workplace.

CUPE

Do you (or your partner) suffer from painful sex?

We are seeking women (Aged 18-45) who suffer from painful vaginal intercourse and their partners (aged 18 or older) to participate in a research study investigating the role of relationships in vulvo-vaginal pain.

• Couples must be in a romantic relationship for at least 6 months • Other eligibility criteria may apply.

Women will undergo a gynecological exam. Couples will then complete questionnaires at the IWK Health Centre/Dalhousie University that will take up to 120 minutes.

Participants will be compensated \$10 each and will receive valuable information about their pain condition.



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MAXIMIZE YOUR FERTILITY

MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile

20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a women's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

— Jane Doucet



MONKEY BUSINESS IMAGES/VEER

HOW A COMMON MYTH IS BORN

SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will

have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low

sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to a conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

— Jane Doucet



GORNOSTAJ/VEER

HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges

of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women)



WONG SZE FEI/VEER

or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exer-

cise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at uwo.ca/fhs/EPL.

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

— Jane Doucet

PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are

valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby.

It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy. — Jane Doucet

RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

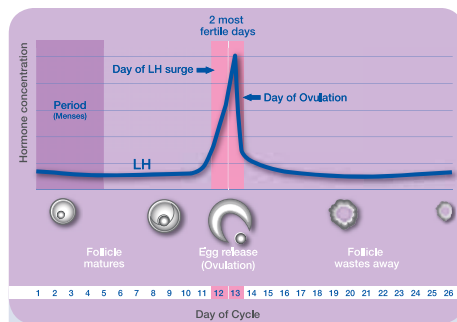
- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant¹. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether². Which eventually makes trying for a baby more trying than exciting.



© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle³. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days⁴ anyway.



Luteinising hormone in your urine shows when your body is ready to release an egg.

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or *ovulate*). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test⁵, from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate *and* the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at www.clearblue.com). Once you know your

usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

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1-888-698-5039



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¹ Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 ² Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GfK Roper Public Affairs) ³ Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 ⁴ Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 ⁵ Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

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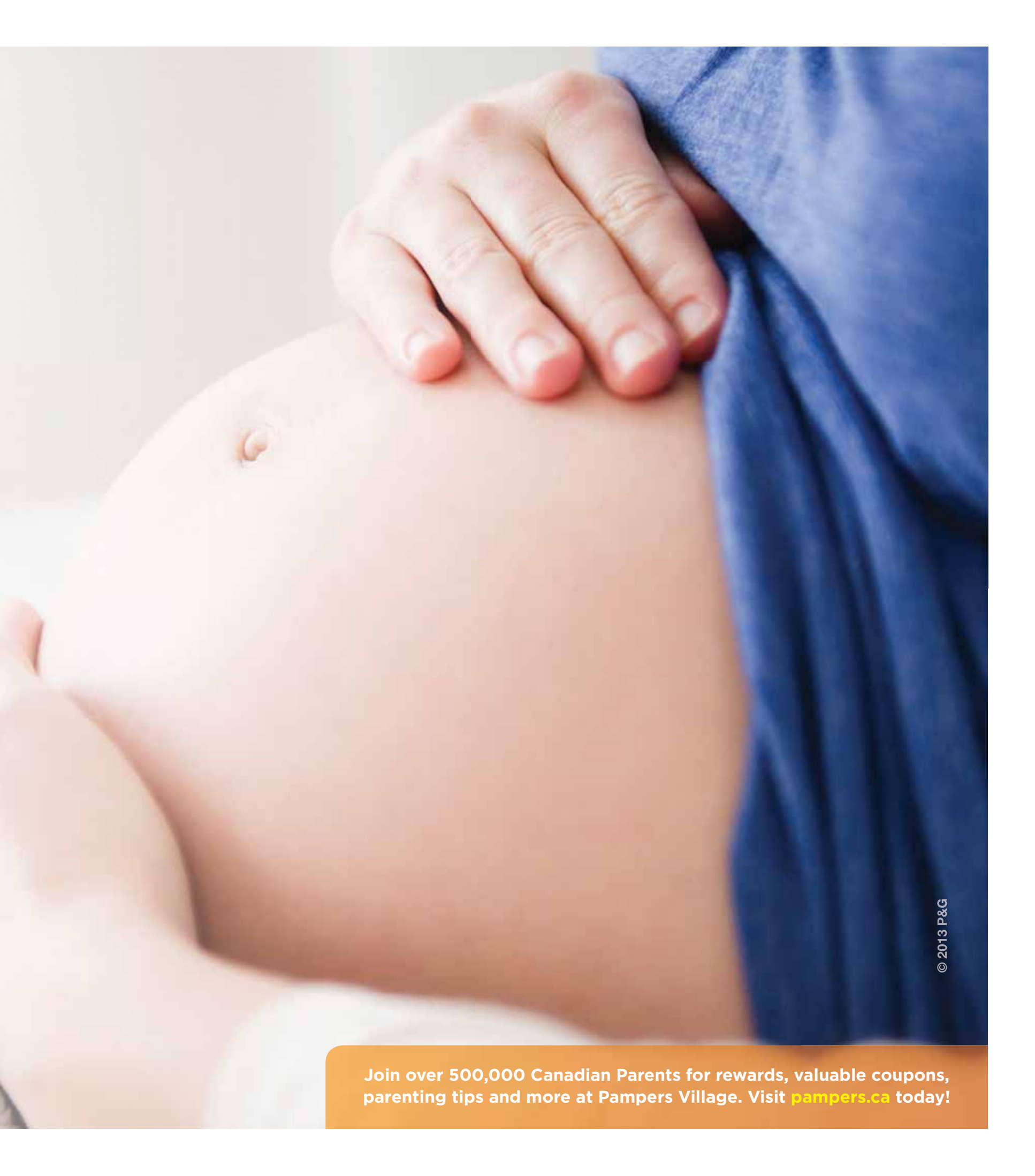


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YOUR EMOTIONS ARE NATURAL

BUT IT'S IMPORTANT TO MONITOR YOUR MOOD SWINGS

If you are pregnant and noticing that you sob when you hear sad songs on the radio or get irritated more easily than usual it's probably nothing to worry about — but you should monitor your feelings carefully just the same.

"Depending on their circumstances, there are natural emotions women have when they get pregnant, such as being excited, happy, anxious or nervous," says Dr. Nan Schuurmans, an Edmonton-based obstetrician gynecologist and a co-author of *Healthy Beginnings: Giving Your Baby the Best Start*, from Preconception to Birth.

If a mom-to-be is experiencing nausea or is overly tired, that may also affect her mood. But, according to Schuurmans, there is no hard scientific evidence that suggests the higher levels of the hormones estrogen and progesterone in pregnant women contribute to



ANDRES/THINKSTOCK

so-called mood swings.

"It's normal to have mixed emotions throughout the pregnancy because having a baby is a major life-changing event,"

Schuurmans says. "Women are understandably going to feel up and down about it."

That said, it isn't normal to feel sad,

anxious or depressed all the time. It's important to watch for signs of depression, both during pregnancy and after the baby is born, and for women to talk to their health-care provider if they have any concerns about how they are feeling.

When a woman becomes pregnant, her doctor will perform a physical examination and ask about all past illnesses, including any mental health conditions.

"For example, if a woman had an anxiety disorder before she became pregnant, she'll likely be anxious during her pregnancy and she'll need to learn how to manage those feelings," Schuurmans says.

The most important thing a woman can do while she is pregnant is take care of both her physical and mental health. Physically, she should eat properly and exercise regularly. Mentally, she should be in a safe and healthy relationship with her partner and have good friends, family and other people she can turn to for emotional support.

"If women take care of themselves in those ways, they should enjoy their pregnancy," Schuurmans says.

— Jane Doucet

AGE CAN AFFECT FERTILITY, PREGNANCY AND CHILDBIRTH



Today, more women older than 30 are giving birth than in past generations. Thanks to the wide availability of contraceptives, Canadians now have more control over if and when to have kids and how many to have. For myriad reasons, many women are choosing to wait.

However, every woman should know that her age can affect fertility, pregnancy and childbirth.

According to The Society of Obstetricians and Gynaecologists of Canada, many women don't realize how quickly their fertility can drop and how early that can start to happen, and that fertility treatments can't always make up for that decline.

Canadian women aged 30-34 are now having more children than any other age group. And women 35 and older account for 11 per cent of first-time moms.

But the fact is that female fertility begins to fall in her early to mid-30s. Since this varies from woman to woman, there is no reliable way to predict fertility decline. Women often lose their ability to conceive years before they have the first symptoms of menopause.

Women older than 35 who do get pregnant, either easily on their own or with fertility treatments, have an increased risk of miscarriage, ectopic pregnancy, preeclampsia, high blood pressure and gestational diabetes, among other complications.

And what about the dads? The effect of a father's age on fertility and pregnancy aren't as well-defined as for the mother's

age. There is some research that suggests a decrease in fertility for men older than 40 and an increase in genetic disorders for children of older fathers.

If you have been unsuccessfully trying to get pregnant, your doctor may refer you to a fertility specialist. Women aged 35 to 37 should be referred after six months of trying, and those 38 or older should see a specialist without waiting. The dad-to-be's fertility will also be examined.

The good news is that many women older than 35 become pregnant and have healthy pregnancies and babies. It's important to talk to your family doctor or obstetrician/gynecologist before trying to conceive to help identify if you are at risk for any problems that can be prevented or treated in advance.

— Jane Doucet



Downtown Dartmouth offers a small town feel. RICHARD WOODBURY/FOR METRO

Rise of the Dark Side

Profile. Optimism and Dartmouth going hand in hand these days

RICHARD WOODBURY
For Metro

Long the butt of many jokes, Dartmouth is the one laughing these days.

"There's a lot of optimism and promise down here," says Tim Risessco, the executive director of the Downtown Dartmouth Business Commission.

While on the other side of the harbour, stories abound of businesses leaving the downtown, the opposite is happening on the Dark Side. Risessco says there is a fairly constant stream of entrepreneurs showing up at his door looking to find a space to operate a business.

"It's a good challenge to have," he says.

He cites examples of successful businesses such as Two If By Sea and The Bike Pedaler as being partially responsible for generating enthusiasm and swagger about downtown Dartmouth.

A quick walk through the downtown feels more like a jaunt through the main street of a small town where the businesses are made up of independent shops and neat restaurants.

"It does have a small town feel to it where you can get to know the shopkeepers," Risessco says.

One of the things attractive about Dartmouth is that there is room to develop.

"We have something of an open canvas to develop those visions," Risessco says. "There's space here to develop."

More than just space, there are other factors that make Dartmouth appealing, including lifestyle.

"We're right on some amazing multi-use trails right

around Lake Banook, some great outdoor activities and parks, whether it's the Dartmouth Common, Shubie Park or Birch Cove Beach," Risessco says.

Birch Cove was recently honoured with a Blue Flag designation, making it the first beach in Nova Scotia to be honoured with this.

"The Blue Flag is an internationally recognized and respected eco label that is awarded to beaches and marinas that have achieved international standards in water quality, environmental management, environmental education, and safety and services," says an HRM press release.

Gloria McCluskey is one of Dartmouth's best-known boosters. The former mayor of Dartmouth and current councillor for Dartmouth Centre says one of the best things about Dartmouth is the friendliness of its people.

"As a small city, we're still small enough that you know so many people," she says.

Burnside an important economic generator

To Darren Fisher, Burnside is a "golden egg."

"It's such a huge, huge cog in the economic wheel of HRM," says the District 6 councillor.

Burnside employs close to 27,000 people and a 2010 economic impact report says the park is home to more than 1,500 businesses which generated more than \$5.3 billion in net sales in 2009.

"Most of the activity in Burnside is the private sector," says Sean O'Boyle, the chair of the Greater Burnside Business Association (GBBA).

Totalling roughly 3,400 acres in size, Burnside is the largest business park north of Boston and east of Montreal.

Geographically speaking, Burnside generally serves as the umbrella term for three distinct business parks. They are the Burnside Business Park (which is the largest of the three), City of Lakes and the Atlantic Gateway — Halifax Logistics Park.

Burnside is incredibly diverse. In addition to retail, it has industrial and manufacturing facilities, office space, hotels and restaurants.

O'Boyle first joined the GBBA board six years ago and says considerable progress has been made on the challenges facing Burnside. For example, a pedway to cross the Circumferential Highway has been installed and more sidewalks have been put in place in the park.

RICHARD WOODBURY

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Front: Councillor David Hendsbee, Councillor Bill Karsten
Back: Councillor Gloria McCluskey, Councillor Darren Fisher, Councillor Lorelei Nicoll



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Bill Pratt is the brains behind Habaneros. CONTRIBUTED

Fresh fare is the key

New business.

Habaneros dishes up Mexican fusion food

RICHARD WOODBURY
For Metro

After the highly successful opening of Cheese Curds Gourmet Burgers + Poutine in Woodside, owner Bill Pratt was planning to open a soup and panini bar in the space next door. However, there was a problem.

"There was an exclusivity clause and my landlord said, 'Hey, you can't do that,'" Pratt says.

This was because a Subway also happened to be lo-

cated in the strip mall.

For Pratt, this meant going back to the drawing board and coming up with another idea. The idea that came out of this turmoil was Habaneros.

"There weren't any Mexican restaurants in Dartmouth," Pratt says.

However, Pratt wasn't interested in doing authentic Mexican food. "We're not trying to be authentic. What we're trying to do is take bits and pieces of Mexican and create fusion food."

While Habaneros offers traditional Mexican fare like tacos and burritos, the fusion part really becomes evident in dishes such as the Indian butter chicken burrito bowl salad. This meal features butter chicken served over rice

and veggies, topped with a cucumber mint yogurt chutney.

Pratt's flair for the unconventional even shows up in Habaneros' choice of sour creams. While regular sour cream is an option, other flavours include chipotle, honey jalapeno, mango, and lime/cilantro.

Business is booming at Habaneros and Pratt credits the healthy fare it offers as being part of the reason why, as well as the fact Habaneros is not dishing out processed food.

"You can just see the amount of staff that I have because we're chopping salsas and doing it every day," Pratt says. "We're braising meats every day. You can smell it when you walk into the stores."

Music. The Dartmouth sound system

If one mentions the words Dartmouth and music, odds are Matt Mays is what comes to mind.

This isn't a surprise given the Juno-nominated rocker often includes Dartmouth references in his songs. After all, his breakout single was called City of Lakes.

Dartmouth has an impact on local music in other ways. Joel Plaskett's New Scotland Yard Studio is located in Dartmouth and besides providing the home setting for his recordings, the studio has been used by other local acts, including Gloryhound.

Gloryhound recently worked with Plaskett on the group's latest single, Let You Down Again.

"It went great. Joel is great



Matt Mays. MELANIE SWERDAN PHOTO

to work with. He's really a positive, creative guy in the studio," says Dave Casey, the group's lead guitar player.

The group credits a Dartmouth venue — the Ship Victory Restaurant and Lounge — as being instrumental in helping it develop its chops.

"When we were coming up, that was kind of the first

place that we got to sort of get our live chops up," Casey says.

"Dartmouth was pretty essential... as a place where we could develop our sound and figure out what we wanted to do live," Casey says.

Another local group with Dartmouth roots is Take Part, a pop/punk/classic rock band, whose sound is "half Queen, half Blink 182," says Colin Darcy, a singer and guitarist with the group.

The four-piece group's members all grew up in Dartmouth and the group has one full-length album under its belt. Up next, the group will be releasing a six-song vinyl EP called The Harbour within the next two months.

RICHARD WOODBURY

Follow the bride's request

She won't be upset if she doesn't have a bachelorette

Hi Charles,
When my best friend asked me to be her maid of honour at her wedding, she pointedly stated that she did not want nor did she expect to have a bachelorette party. She told me that she had been to such parties in the past (complete with male strippers and nearly invisible lingerie) that have turned her off of the whole affair. She mentioned a few months later that she and her husband-to-be wanted to organize a Jack and Jill type celebration for the wedding party. She has never been the type to say one thing and expect another. Nevertheless, my co-workers insist that I am obligated to organize a separate celebration just for the girls or else I will forever regret not giving her that special moment. What do I do?
Thank you, Michelle



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Michelle,
I am confident that I would absolutely follow the bride's request.

Personally I have never been one to agree with nor enjoy surprise parties and I think that putting people on the spot is not an enjoyable way to start an evening.

First and foremost you are not obligated to organize anything the bride has asked you not to do.

Now if you want, you can always suggest a low-key party, like afternoon tea or drinks and dinner at a restaurant.

That way, the bride will be able to celebrate with the girls in a way that doesn't make her uncomfortable. After all, you don't need strippers and nearly invisible lingerie to have a good time. Stick to your gut feelings as it appears you are on the right track!

The wedding dress whisperer

Bride comes first.
Randy Fenoli is on a mission to make every girl's dream day a reality

MEREDITH ENGL
Metro World News in New York City

Randy Fenoli of Say Yes to the Dress and Randy to the Rescue (which just began its second season and airs Fridays on TLC) estimates that he's helped about one million brides get ready for their big day.

But being a bride's advocate never wears on the marriage maestro: "I never get tired of it," he tells us.

His dedication means that since not everyone can make it to NYC's Kleinfeld, where Fenoli consults, he takes his show on the road — literally. On Randy to the Rescue, Fenoli travels around the U.S., creating pop-up bridal salons for the betrothed and then giving them makeovers. Legions of brides turn to

Fenoli for his advice, and after speaking with him, we've come up with some reasons as to why we think that is:

He'll fight for his bride:
"I absolutely will not compromise. We were in one city working with a bridal salon and this girl came in. She showed me a picture of this dress that she had tried on, like, six states away, and she fell in love with the dress, but she was like, 'Well, I can't get this today.' You could tell this girl was in love with this dress. And the cameras are on her and the family's there, and finally she said yes to a dress. But when I walked off the set, I was like, 'I'm sorry, that is not her dress. She is not happy.' So I woke up the next morning and called every single bridal salon in, like, a three-hour radius and found the dress."

He doesn't believe in bridezillas:
"Brides want everything to be perfect, and it should be! ... I would want it to be per-



Randy Fenoli fights for the brides he works with. HANDOUT

fect, too. You're spending how much money? You've waited how many years? You've invited how many people, we're taking how many pictures, and how many people are watching? It should be right."

He goes beyond the dress:

"Brides come in and show their consultant a photograph. Most consultants take it literally and are like, 'OK, that's the dress you want.' I don't just look at the dress. I look at the girl in the dress and I look at the feeling (the picture evokes)."

All your money going in the gas tank?



YOUR MONEY
Alison Griffiths
money@metronews.ca

What could you do with \$2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres

a year (in this case a Civic LX), amounts to \$2,322.

For a mid-sized car (Camry LE) the tab rises to just more than \$3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at \$1.23 a litre.

However, right now only New Brunswick enjoys \$1.23 at the pump while all the western provinces — except Alberta at around \$1.27 — are well over \$1.30. So much for living near

the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of \$3,500 annually for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

1. Turn off the ignition
Idling shortens the life of engine oil by as much as 75 per cent and increases gas costs. Excessive use of the heater or

air conditioner also boosts gas consumption.

2. Soft foot the pedal
Darting away from a stoplight consumes 40 per cent more fuel than easing away. It also increases emissions by 400 per cent.

3. Be a turtle
Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel consumption. You'll arrive in

about the same time and more safely.

4. Don't skimp on maintenance
Regular tune-ups, lubrication and oil changes reduce engine wear and improve gas mileage.

5. Check the pressure
Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

6. Lighten up
Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between \$580 and \$750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

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TURN DEGREES INTO CAREERS

Canada's universities are among the best in the world, but face challenges matching education to labour market needs, according to a new study.

The Conference Board of Canada's Education and Skills report card gives Canadian universities an A and ranks the country second overall, but we earned Bs and Cs for return-on-investment. Canada also received Cs for percentage of university graduates in science, math, computer science and engineering. The report card gave us a D for the number of PhD graduates.

"Within the post-secondary system, we must improve co-ordination among offerings, thereby creating better pathways to workplaces, jobs and careers," says Daniel Muzyka, president of the board.

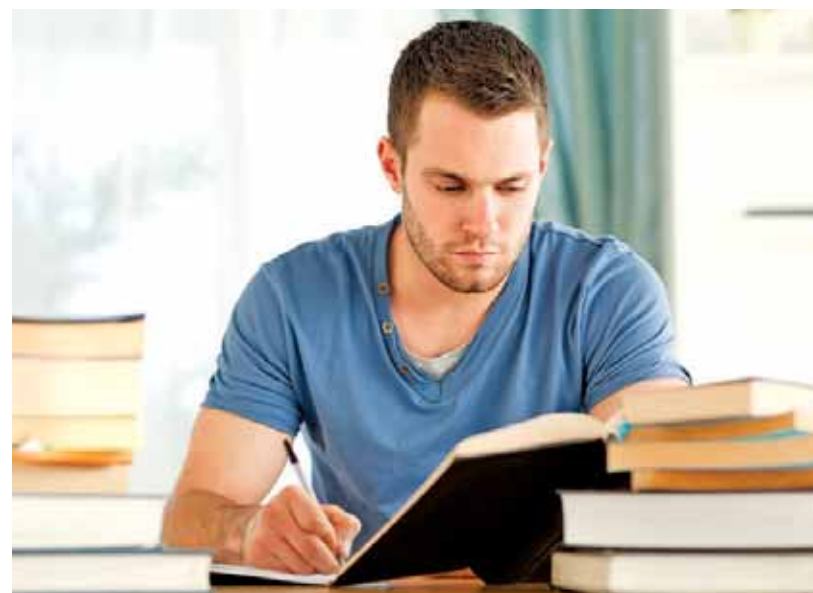
Allan Rock, president of the University of Ottawa, offers a robust defence of the

university degree, but suggests how the gap between education and workforce arises. He cites a CIBC report finding labour shortages in 25 professions requiring a degree. They include optometrists, engineers, doctors, dentists and social workers. A degree might not guarantee a career, but many careers require a degree.

"Contrary to the myth of the irrelevant university, there continues to be a strong demand for university graduates," he says.

He notes that a "quiet bias" may also be at work in steering some students into university when they would be better served by college.

"Some students are pressed by family or friends to attend university because it is seen as the more 'academic' or prestigious option," he says. "That bias is insidious and unfair. We must do everything



WAVEBREAKMEDIA/MICRO/VEER

we can to dispel it. Young people should be free to choose the option that is right for them, unburdened by false perceptions and distorted views."

David Gauthier, vice-president at Saint Mary's University, says universities drive economic growth via research and development partnerships with industry. That also helps students turn education into careers.

"Innovation in university program and

curriculum design, content and delivery, coupled with new technologies, allows for learning that gives students the experience and skills needed to be immediately successful in the workplace after graduation," he says.

The board report found degree-holding workers make more money and contribute more to business innovation and productivity than non-degree holders.

— Jon Tattrie

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Next class starts July 15, 2013



scan for more information

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Not only do students learn the technical skills behind becoming a great hairstylist or makeup artist at the Hair Design Centre (HDC), but they also learn to perfect these skills in a real-world setting before they leave the school setting.

"Our focus is not only on the education but also on the business," Christine Halladay, director of education, Hair Design Centre.

"This lets the students know what salon expectations are."

The HDC is a school of cosmetology that offers two programs, hair design and makeup artistry.

The school offers premium education in the classroom and in a salon setting that has the opportunity to service more than 1,400 clients monthly.

By learning on actual clients, students will make a smoother transition to a salon from the classroom.



CONTRIBUTED

"Students learn the skills in a classroom and perfect the skill in the salon," Halladay says.

Aside from learning the hard skills (cut, colour, setting), students will be educated in the soft skills, such as verbal and non-verbal communication, sales and greeting.

Clients also benefit from HDC.

"Clients can come in for services performed by students at a great price and a wonderful encouraging environment," Halladay says.

For more information about HDC, visit hairdesigncentre.com or call 902-422-8941.

Turban ban

National body suspends soccer association

The Canadian Soccer Association says it has suspended a provincial association over its refusal to let turban-wearing children play.

The organization says it had to intervene because the Quebec Soccer Federation showed no sign of overturning its decision to restrict turban-wearing Sikhs from the pitch.

"The Quebec Soccer Federation's inaction has forced us to take measures in order to ensure soccer remains accessible to the largest number of Canadians," it said in a statement Monday night.

The national organization said last week it expected the Quebec association to reverse the ban, which has drawn international news coverage and condemnation from several federal politicians.

THE CANADIAN PRESS

Patriotic duty

Tebow New England-bound, sources say

A person familiar with the situation says quarterback Tim Tebow is planning to join the New England Patriots at their mini-camp on Tuesday.

The person spoke on condition of anonymity because no official announcement had been made.

ESPN reported earlier Monday that Tebow will sign with the Patriots.

THE ASSOCIATED PRESS

Hall of a shock for inductee Kikuchi

Nova Scotia Sports Hall of Fame. 2013 class includes two builders, two athletes and two teams



HALEY RYAN
haley.ryan@metronews.ca

Long-time gymnastics coach Tak Kikuchi said he was surprised when he first learned he would be inducted to the Nova Scotia Sports Hall of Fame.

Kikuchi, from Fall River and founder of the Alta Gymnastics Club, has been a coach at the provincial, national and Olympic levels for 40 years and is one of the two builders inducted to the hall this year.

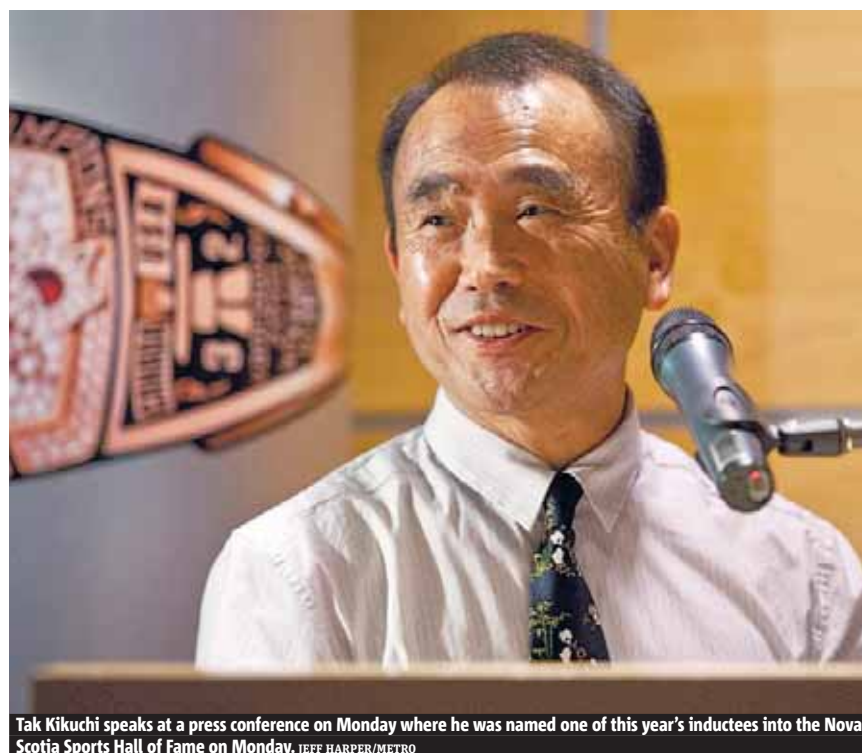
"I was shocked. Wow, big surprise," said Kikuchi, father and coach of Olympic gymnast David Kikuchi, during his speech at the Hall of Fame on Monday.

"(I said) What? What's going on?"

The 64-year-old said he might retire in "a few years," but for now Kikuchi enjoys seeing athletes of all levels learn the ropes.

"The lower levels and the higher levels, it doesn't matter to me," Kikuchi said.

Fellow builder inductee for 2013, Stephen Fairbairn, helped grow the Nova Scotia Snowboarding Association and the sport since he moved to Nova Scotia in the 1990s.



Tak Kikuchi speaks at a press conference on Monday where he was named one of this year's inductees into the Nova Scotia Sports Hall of Fame on Monday. JEFF HARPER/METRO

2013 Nova Scotia Sports Hall of Fame inductees:

- Team:**
1985 Kentville Wildcats senior baseball team. First Nova Scotia team to win national championship.
1981 Acadia Axemen football team. Went undefeated en route to winning the Canadian College Bowl, now known as Vanier Cup.
- Athlete:**
John Hatch, all-time leading scorer for St. Francis Xavier X-Men basketball team.
Lawrence Hafey, Canadian welterweight boxing champion.
- Builders:**
Tak Kikuchi, gymnastics.
Stephen Fairbairn, snowboarding.

4 SPORTS



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Championship plot thickens

The Stanley Cup final opens Wednesday in Chicago as the Blackhawks host the Bruins. Here are five storylines to watch:

THE CANADIAN PRESS

Photos by Getty Images



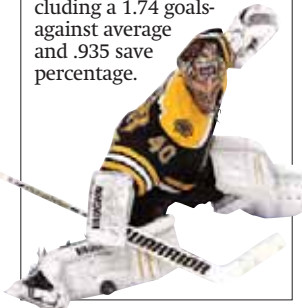
Original Six returns

It's the first time two Original Six teams are meeting in the Stanley Cup final since the Montreal Canadiens beat the New York Rangers in 1979. More than anything else, Boston and Chicago being back in the final speaks to the revitalization of two historic hockey towns that, until recently, hadn't experienced this kind of success in decades.

Conn Smythe watch

David Krejci is scoring at a remarkable pace, but he's still not the Conn Smythe front-runner for the Bruins. Goaltender Tuukka Rask has a playoff-best .943 save percentage and two shutouts, and he stifled the Pittsburgh Penguins in the Eastern Conference final.

Chicago goalie Corey Crawford's numbers aren't far behind Rask's, including a 1.74 goals-against average and .935 save percentage.



Goalie change

Rask was on the bench two years ago when Thomas carried the Bruins to the Stanley Cup with a 1.98 goals-against average and .940 save percentage.

Crawford doesn't have a ring from 2010, but after splitting duties with Ray Emery during the regular season, Crawford has the reins for the Blackhawks in the post-season. He could start making a nice career for himself after this impressive run.

Power outage

The Bruins and Blackhawks have plenty of offensive firepower, but the conference finals didn't feature a whole lot of anything on the power play.

Even in breezing into the cup final, Boston and Chicago combined to go 1-for-27 on the power play in the last round. The Blackhawks were 1-for-14,

while the Bruins were 0-for-13.



Chara effect

Few defencemen can change the complexion of a game or series like the six-foot-nine Zdeno Chara, who, despite a lack of mind-blowing stats, should be a Norris Trophy finalist every year.

Chara skates almost 30 minutes a game and is a factor in every situation. Along with Rask, he played a huge role in the Bruins holding Penguins stars Sidney Crosby and Evgeni Malkin to zero points.

NHL

Shape up or ship out, new Oilers head coach Eakins warns

The new coach of the Edmonton Oilers has already delivered a message to his team: get fit or get out.

"I think there may be some big adjustments for the players, with me coming in here," Dallas Eakins said at his introductory press conference.

"I want players to be so fit that a forward, if I ask him to play 26 minutes that night, he's going to play 26 minutes at a high level.

"That is something that I'm passionate about that will be probably a bit of a challenge on the buy-in. But it's non-negotiable, and there will be buy-in."

Eakins, 46, who replaces the fired Ralph Krueger, comes to the Oilers after spending four years as an AHL coach in Toronto, where he led the Marlies to the 2012 Calder Cup final.

THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

You don't lack for confidence and you won't hesitate to tell others where they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

Taurus

April 21 - May 21

Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

Gemini

May 22 - June 21

Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

Cancer

June 22 - July 23

Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

Leo

July 24 - Aug. 23

A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

Virgo

Aug. 24 - Sept. 23

You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

Libra

Sept. 24 - Oct. 23

Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

Scorpio

Oct. 24 - Nov. 22

You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

Sagittarius

Nov. 23 - Dec. 21

Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

Capricorn

Dec. 22 - Jan. 20

How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

Aquarius

Jan. 21 - Feb. 19

Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

Pisces

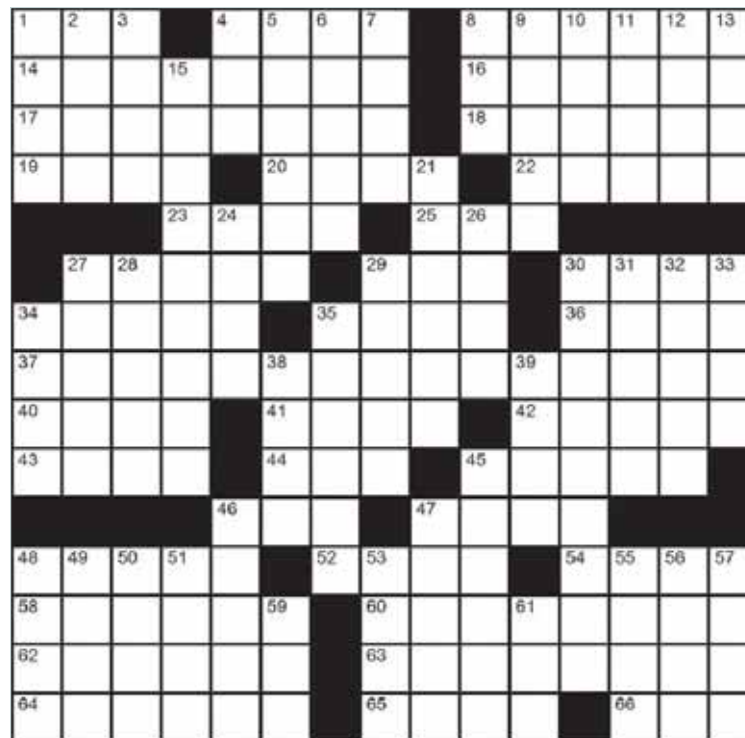
Feb. 20 - March 20

Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it. Not everyone can be a big-hearted Pisces. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ vapeur (Steamed, restaurant style)
4. Ontario's Casino ___
8. Piles
14. Tires company
16. Esoteric
17. ___ Sea (Arctic Ocean part)
18. Cape ___, Nunavut
19. "Correct me ___ wrong, but..."
20. Canada Geese flying formations
22. ___ out (Distributes)
23. Pizzeria products
25. Li'l kitchen measurement
27. Put into a cell
29. Fam. member
30. "Born Free" (1966) lioness
34. ___ a fox: 2 wds.
35. Remarkd
36. Plunges
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.
40. Farm sound
41. Boundary
42. Dick ___, legendary Montreal Canadiens coach
43. Golfer's props
44. Compete
45. "Kathy Griffin: My Life on the ___"
46. Currency in Romania
47. Regard
48. Mindful
52. Greek Myth:



- Pleiades sister
54. Ms. Minnelli
58. Newspaper article length
60. Ottawa university
62. Stellar
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.
64. Canadian ___

- (Region of rocks)
 65. Week parts
 66. Bob ___ (Liberal politician)
- Down**
1. Prefix to 'dextrous' (Skilled at right/left hand use)
 2. Poet's 'willingly'
 3. Health food berry

4. CFL official
5. Billy Idol's "To Be ___"
6. Swampy spots
7. Poker stake
8. Clown face expression
9. Badly defeat
10. Territorial measure
11. Show's group of

- actors
12. Pants part
13. Arranges
15. Some whales
21. Hit the picket line
24. Phantom of the Opera tune: "All ___ of You"
26. Kim Mitchell hit: "Go for ___"

27. Miss ___, "Dallas" matriarch
28. The Gershwins musical, ___ and Only
29. Freight-carrying boat
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.
31. Actor Mr. Schreiber's
32. Divvy up
33. PGA part, for short
34. Sean Connery, for one
35. Dietary concern
38. "___ Only Just Begun" by The Carpenters
39. Egypt's river
45. In a heartfelt way
46. "Street ___" (1987 to 1994 Canadian series)
47. Princess ___, William and Harry's mum
48. Regrettably
49. Hope for
50. ___-aging cream
51. Unique
53. Music style, ___ rock
55. Roman road
56. Author, ___ Neale Hurston
57. Newfoundland: L'___ aux Meadows
59. Long ago time
61. Vegas partner

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

17°/10°

Rain

80%

Wednesday

13°/8°

Rain

90%

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Offer based on 2014 Forte Sedan LX MT with a
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AVAILABLE

AVAILABLE
ALL-WHEEL
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CITY (A/T): 10.4L/100KM

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0%
APR

WITH
\$0
DOWN

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Rear Parking Sonar

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Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Sorento
2.4L LX AT FWD with a purchase price of \$28,539.

THE ALL-NEW 2014
RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

OWN IT FROM
\$129[≠]
BI-WEEKLY

AT
0%
APR

WITH
\$0
DOWN

INCLUDED FEATURES:

16" Steel Wheels • Air Conditioning
Heated Front Seats • Keyless Entry
Bluetooth[®] • Flex Steering
Steering Wheel Mounted Audio Controls

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includes delivery, destination, PPSA and fees. Offer based
on 2014 Rondo LX MT with a purchase price of \$23,539.



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Offer(s) available on select new 2014 models through participating dealers to qualified customers who take delivery by July 2, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. **"Don't Pay for 60 Days" offer is a 60-day payment deferral and applies to purchase financing offers on all 2014 models. No interest will accrue during the first 30 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. See your Kia dealer for full details. Some conditions apply and on approved credit. *0% purchase financing is available on select new 2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2014 Sorento 2.4L LX AT FWD (SR758C) with a selling price of \$28,539 financed at 0% APR for 60 months. 130 bi-weekly payments equal \$157 per payment with a down payment/equivalent trade of \$0. **Bi-weekly finance payment O.A.C. for new 2014 Sorento 2.4L LX AT FWD (SR758C) based on a selling price of \$28,539/\$157,559/\$23,539 is \$157/\$96/\$129 with an APR of 0% for 60/84/84 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,154/\$0/\$0 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. *Model shown Manufacturer Suggested Retail Price for 2014 Sorento EX V6 AWD (SR758E)/2014 Forte SX (F0748E)/2014 Rondo EX Luxury (RW756D) is \$34,995/\$36,795/\$32,395 and includes delivery and destination fees of \$1,665/\$1,485/\$1,665, and A/C charge \$100, where applicable. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. *Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. The Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.